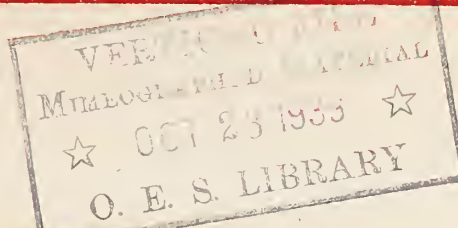


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Orange Juice Retains Vitamins Overnight in Refrigerator

Homemakers who like to squeeze the breakfast orange juice the night before needn't worry about loss of valuable vitamin C. The juice may lose some freshness of flavor, but according to an experiment recently conducted by the Bureau of Home Economics, it will not lose appreciable amounts of vitamin C for the first 24 hours if stored in a refrigerator.

After the first day of storage, there is a slight but gradual loss of this vitamin, known scientifically as ascorbic acid. For the experiment, oranges were treated as they commonly are in the home. The juice was extracted on a glass reamer, the seeds removed with a wire strainer, and the juice stored in loosely covered containers in a refrigerator.

Although oranges and other citrus fruit contain some of the other vitamins and certain minerals, it is for their vitamin C that they are especially valued by nutritionists. This, the most easily destroyed of all the vitamins, is one in which diets are often low. It is needed every day because the body can store very little of it.

Those who choose to get their vitamin C from oranges and grapefruit, plentiful on the market now, may count on getting a day's supply of it from half of a medium-sized grapefruit or one large, juicy orange.

Supplies of oranges and grapefruit this year are the largest ever produced in this country. For this reason the Secretary of Agriculture has designated both of these fruits as surplus farm commodities. Special efforts are being made to distribute these fruits as widely as possible, both through regular trade and through relief channels.

May 22, 1939.

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